

FEBRUARY

RECIPE

**Baked Ziti Pasta:** In a casserole dish, add three layers each of cooked penne pasta, a mixture of part-skim ricotta cheese and shredded part-skim mozzarella cheese, and your favorite tomato sauce from a jar (or homemade). Pour additional sauce over layers before topping with more shredded mozzarella and Parmesan cheese. Cover the casserole with foil and bake at 350° for 30 minutes.

Uncover and bake for 15 to 20 more minutes until the cheese is golden and bubbly. Serve a simple salad on the



side, and you’ve got one amazing meal! Plus, you can prep the dish up to 3 days in advance and refrigerate it – making it the ultimate Quick Fix Meal!

“ It gets pretty cold to be outside in the winter but we decided to bundle up and brave the weather every other evening and walked our dog as a family. I got tired of going because I was tired or busy at home but my kids wouldn’t let me off the hook! I discovered that they really opened up and we had some nice conversations and got exercise at the same time! ”

Greg, Meridian

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Groundhog Day	03	04	05	06	07
08	09	10	11	12	13	14 Valentine's Day
15	16 President's Day	17	18	19	20	21
22	23	24 Mardi Gras	25 Ash Wednesday	26	27	28

Did you know it’s...  
American Heart Month, National Children’s Dental Health Month,  
National Wear Red Day – February 6



Stock up on frozen vegetables. Look for interesting combinations without salt or butter and cream sauces. Add frozen vegetables to casseroles, homemade soups, crock-pot meals or stir-frys.

Healthy Life Tip

Most cavities start on the back teeth because they have small gaps called pits where germs and food can hide. Now your children’s teeth can be protected with a plastic coating called sealant. Sealant is a safe plastic coating which keeps germs out of the back teeth by covering up their tiny hiding places. With dental sealants, your child may never have a cavity or filling. Ask your dentist about sealants.